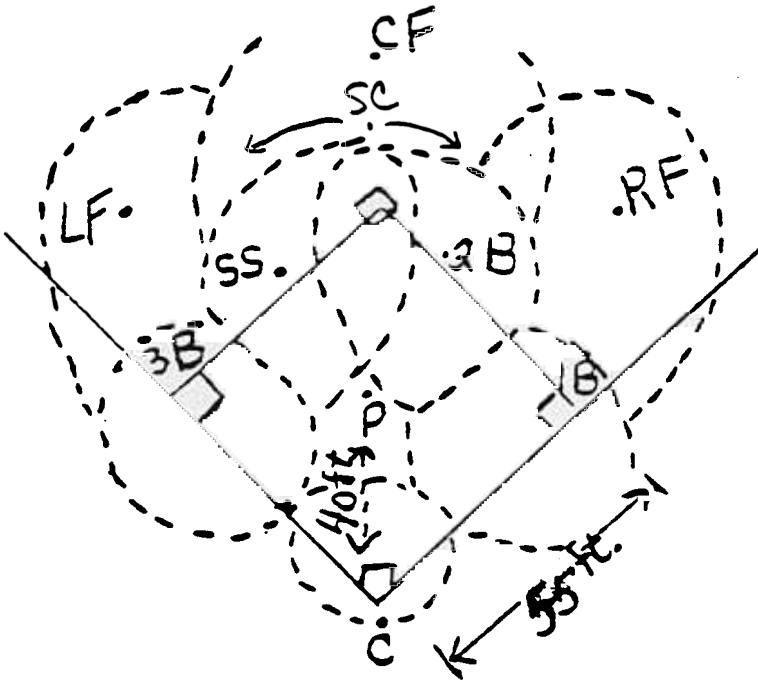


I. THE GAME - Each team of 10 players alternates turns at bat and in the field throughout a regulation softball game of seven innings. The team scoring the most runs at the end of these seven innings is considered the winner. If the game is tied at the end of seven innings, the game is continued until one team scores a greater number of runs at the end of an inning.

II. FIELD & POSITIONS - An official team consists of ten players. They are:

- P - Pitcher
- C - Catcher
- 1B - First Baseman
- 2B - Second Baseman
- 3B - Third Baseman
- SS - Short Stop
- LF - Left Fielder
- CF - Center Fielder
- RF - Right Fielder
- SC - Short Centerfielder



III SKILLS

- A. Catching and Fielding - above waist and below waist - ground balls and fly balls
- B. Throwing - overarm or underhand throw
- C. Pitching - underarm or underhand
- D. Batting - basic offensive skill includes grip, stance, stride and swing

IV. TERMINOLOGY

- A. Base on Balls - allowing the batter to advance to first base by the umpire calling four pitches outside the strike zone
- B. Defensive Team - the team on the field
- C. Double - a two-base hit
- D. Double Play - a defensive play that results in two outs as a result of continuous action
- E. Error - A mishandling of the ball by the defensive team
- F. Fair Ball - a ball hit within the area boundaries of the field, or touching first, second or third base
- G. Fly Ball - any ball batted into the air
- H. Foul Ball - a ball hit outside of the baseline. It is determined by:
 - 1. Infield - where it rests
 - 2. Outfield - where it first hits
- I. Foul Tip - a foul ball which goes directly from the bat, not higher than the batter's head, to the catcher's hands and is legally caught
- J. Force Out - runner is forced to move - may tag runner or touch base
- K. Home Run - a ball batted into fair territory which enables the batter to all four bases in the one play
- L. Infield - the portion of the field which is included within the diamond made by the baseline

- M. Infield Fly - a fair fly ball (not including a line drive or attempted bunt) which can be caught with ordinary effort when first and second or first, second, and third bases are occupied before two are out
- N. Inning - one of seven sections of the game in which teams alternate offensive and defensive turns
- O. Line Drive - an aerial ball batted sharply and directly into the field
- P. Offensive Team - the team at bat
- Q. Overthrow - when a ball is thrown past 1st or 3rd base into foul territory the runner may advance one base. Note: If the ball is overthrown into fair territory, the runner may advance more than one base.
- R. Single - a one-base hit
- S. Strike Zone - the area over the plate between the batter's back shoulder and knees.
The three types of strikes are:
 1. Called strike
 2. Swung at strike
 3. Foul strikeTag Out - runner moving because he wants to. Runner must be tagged before he touches base
- U. Triple - a three base hit

V. SOFTBALL RULES

- A. The Game
 1. The choice of first or last bat in the inning shall be decided by a toss of a coin
 2. The winner of the game shall be the team that scores the most runs in the allotted amount of innings
 3. One run shall be scored each time a baserunner legally touches first, second, and third bases and home plate before the third out of the inning
- B. Strike - This is called when one of the following situations occurs:
 1. A batter swings at a pitched ball and misses
 2. A pitched ball is delivered over home plate between the back shoulder and knees
 3. A fly ball goes foul and is not caught, and the batter has less than two strikes
 4. A foul tip that remains lower than the batter's head is caught by the catcher
 5. A batter with less than two strikes is hit by her own batted ball
- C. Ball - A ball is any of the following:
 1. A pitched ball that does not go over the plate in the strike zone and at which the batter does not swing
 2. A ball that touches the ground before reaching home plate
 3. An illegally pitched ball
- D. Fair Ball - This is a legally batted ball that:
 1. Settles or is touched on fair ground in the infield
 2. Is on fair ground going out of the infield
 3. Touches first, second, or third base
 4. Lands in the outfield in fair territory between the extended lines from home to first and home to third
 5. A ground ball that lands in the outfield in foul territory but has passed over the 1st and 3rd base bags

E Foul Ball - A batted ball is foul if:

1. It settles in foul territory between home and first base or between home and third base
2. It first touches on foul ground beyond first or third base
3. It bounds past first or third on or over foul ground

F Batting

1. The batter is out when:
 - a. the third strike is committed
 - b. he bunts foul after the second strike
 - c. a foul ball is legally caught
 - d. when a foul tip is caught at third strike
 - e. he hits an infield fly with baserunners on first and second, or on first, second, and third with less than 2 outs (infield fly rule). Runner may advanced at own risk
 - f. the fielder intentionally drops a fair fly or line drive with first, first and second, or first, second and third occupied before 2 are out. Runners need not retouch and may advance at their own risk

G Baserunning

1. A baserunner must touch bases in legal order; first, second, third and home plate. A runner may overrun first base only. If the runner turns toward second, she may be tagged out
2. The batter become a baserunner:
 - a. as soon as she hits a fair ball
 - b. when four balls have been called by the umpire
 - c. when the catcher interferes with or prevents her from striking at a pitched ball
 - d. when she is hit by a pitched ball while she is in the batter's box. It does not matter if the ball strikes the ground before hitting her
3. The baserunner is out when:
 - a. the catcher drops the third strike but the runner is touched with the ball by a fielder before touching first base
 - b. the ball reaches first base and is caught and held before the runner reaches base
 - c. she is tagged with the ball before reaching first base or at any time when not in contact with a base
 - d. her fly ball is caught
 - e. she interferes with a fielder trying to field a ball
 - f. when running to any base, she runs more than 3 feet outside a baseline
 - g. she is forced out at base
 - h. she passes a baserunner
 - i. she fails to return to her base before the ball reaches the baseman following a fair fly that is caught
 - j. she leaves her base before the ball leaves the pitcher's hand
 - k. she is hit by a fair batted ball while off base before it is touched by or passes a fielder

H. When may a baserunner advance?

1. On a fair ball with chance of being put out
2. After fair or foul fly is caught
3. When baserunner must advance to make room on base for a batter who has walked
4. Gets one base when fielder interferes with runner
5. May advance one base on an overthrow into foul territory
6. May advance any number of bases when ball is overthrown into fair territory

VI. BASIC HINTS OF STRATEGY

A. Defense

1. Know the number of outs and the position of the baserunners
2. Know what will be done in the field for all the different situations and have someone call the number of outs and the plays available - example: force at second with a runner on first
3. With less than 2 outs, the play should be on the lead runner when possible. Example: Runners on 1st and 2nd. The ball comes to the pitcher. She should try to get the force at 3rd
4. With 2 outs make the easiest third out possible. Example: If there are runners on 1st and 3rd and the ball comes to the first baseman, the easiest out is probably at 1st rather than at 2nd or home plate
5. Call for flyballs - There are times when 2 players can catch the ball. In such cases it is usually better for the infielder to catch a fly in the infield rather than having the pitcher run backwards to catch the ball. ON a fly between the infield and the outfield it is usually easier for the outfielder to catch the ball since she is moving forward toward the ball.

B. Offense

1. Anytime there are 2 outs with runners on base, the runners should run on "anything/any hit" (fly ball included). If a fly ball is hit and caught it would be the third out and if dropped the runners could have advanced or possibly scored